

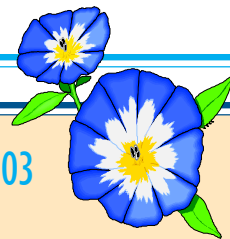
MEALS

ON

WHEELS

# The MEAL TIMES

spring 2003



To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.



The "We Give a Shot" Annual Charity Golf Tournament to benefit the Meals on Wheels Program is coming up August 9 at the Eagle Hills Golf Course, and we'd like to invite you to be a part of this great community effort.

Last year, with the support of businesses, we were able to raise more than \$7,100.00 for the "Meals on Wheels" Program. As you may know, Meals on Wheels delivers hot meals to homebound senior citizens in our area who are unable to cook for themselves. For the most part, these folks cannot pay for their

meals, but they are never turned away. The number of seniors served by "Meals on Wheels" is growing steadily...but, unfortunately, funding is not.

Your participation in the 2003 Charity Golf Tournament will help make up the difference! "We Give a Shot" would like to fill all 144-player openings and our goal is to double last year's proceeds to ensure that all our senior clients continue to receive a hot, nourishing meal every day. As a Corporate, Business or Hole sponsor, you can help in this effort.

Please contact Pamela Sparks at 327-7460 for more information.

## Recipient Spotlight . . . LA MOYNE WELCH

La Moyne Welch is an 89-year-old recipient of Meals on Wheels. La Moyne was born in Boise and attended Roosevelt Elementary, graduated from Boise High School and attended Lewiston College where she received her teaching degree at the age of 16. When La Moyne was 18 she became a tutor for 2 children way up in the Owyhee Mountains on a cattle ranch. After working there for a year she took a job with the Federal Government teaching pre-school children. She taught 6<sup>th</sup> graders in Boise for 25 years at Hawthorne, Pierce Park and Whittier Elementary schools. La Moyne and her husband had no children; he was a film director and they were able to travel all over the world but were always glad to come home to Boise. She says "Boise is her favorite place in the world!"



La Moyne's hobbies include playing the piano and attending bridge club meetings. She is a member of the Philanthropic Education Organization and was a President for the Retired Teachers of America for 2 years in which she is still active. She has volunteered at the Breast Cancer Detection Center for 10 years and the Veterans hospital for 4 years.

La Moyne thinks the Meals on Wheels program is the greatest and loves the Meals on Wheels drivers. She said she has had a very fulfilling and wonderful life.

extra, extra, read all about it !!!

## Elmore County and Ada County Meals-on-Wheels Program Board of Directors

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## The MEAL TIMES

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Angela Spain, Supervisor  
Health Services for Seniors  
Pamela Sparks, Newsletter Editor  
Lance Corpus, Designer

## Volunteer Spotlight

## Regence BlueShield



Photo: Left to Right-Bob Hege, Donna York, Joye Watson, Wendi Homan, Deborah Jackson, Janice Fulkerson, and Karen Rehne

Not shown-Bobbi Jo Bayless, Phyliss Bollinger, Kari Hunt, Sally Sturgeon, and Kelly Gardner.

I recently had the pleasure of talking with some of the people from Regence BlueShield of Idaho who deliver Meals on Wheels. Regence BlueShield has adopted a route all their own and they call it the "Team Route". The group agrees that delivering meals for 2 years has been fun and it gives them a break from their every day routine. They have also gotten to know the recipients on their route very well. Regence Blue Shield has participated as a hole sponsor in the Meals on Wheels "We Give A Shot" golf tournament for the past three years, and several of the staff have golfed or volunteered with the event. The team enjoys delivering meals as a group because it gives them the flexibility to switch schedules for vacations, business meetings, luncheons, etc.

Thank you Regence BlueShield of Idaho!  
Cheryl Johnson

## Days to Remember

- |   |                       |                   |                       |
|---|-----------------------|-------------------|-----------------------|
| * | May 30 <sup>th</sup>  | Memorial Day      | * No Meal<br>Delivery |
|   | June 15 <sup>th</sup> | Father's Day      |                       |
| * | June 20 <sup>th</sup> | All Staff Meeting |                       |
| * | July 4 <sup>th</sup>  | Independence Day  |                       |

## 6TH ANNUAL CULINARY WALK-ABOUT

**We would like to thank the following generous individuals and businesses for their support:**

ANNELIESE OLSON \* JOE PELLEGRINI \* CHRIS THOMAS \* SAM MATTISE \* MATTHEW GLENCOE \* ANGELLA VALDEZ \* TERI SCHMALJOHN \* MARSHA WHITE \* RENEE BERGQUIST \* CHEF DAVID KNICKREHM \* MARCY ANDERSON \* BINNA JENSEN \* JEFF CHRISTENSEN \* JEN BOREN \* MARIE HAMILTON \* DAREN KENNINGS \* DIANE BOHATY \* JULIE FREE \* VERN HICKMAN \* PATTI MURPHY \* CALLY PARROTT \* DAVID LEDGARD \* SCOTT DEN HARTOG \* JOHN RINELLA \* CHEF LOREN LONG \* CHEF AARON HORSEWOOD \* BRETT PALMATEER \* LEAH CLARK \* LAURA THOMAS \* STEPHANIE TRAIL \* MIKE FRITZ \* DANA OLAND \* DIANNA FRICKE-STALLSMITH \* MARK HILL \* MICHAEL LISTON \* JEFF HOLIWAY \* MAGGIE O'MARA \* STEVE LIEBENTHAL \* CHEF MATHIEU CHOUX \* MICHELLE HERR \* CHEF RICHARD MOUNT \* CHEF JONATHAN MORTIMER \* CHEF RICHARD LANGSTON \* JANICE FULKERSON \* CHEF JASON MCLENNA \* DARLA RANKIN \* RENEE ASHTON \* TERRY REYNOLDS \* ALAN TURNER \* CHEF MITCHELL MARICICH \* CHEF LISA VILLANO \* CHEF LOU AARON

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JOAN ALLEN \* ALPHA OMICRON P1, INC \* JENNIFER ANDERSON \* FRANK ANDERSON \* ARID CLUB EMPLOYEES \* DIXIE ARNOLD \* B & A ENGINEERS INC \* JENNIFER BAKER \* BRUCE BECK \* JANET BELL \* DENNIS & SUE BELT \* BENCHMARK CONSTRUCTION INC. \* PEGGY & DAVID BENNETT \* JOE & HARRIET BERENTER \* CLAIRE & DANELL BLEYMAIER \* BOISE BLUE ART SUPPLY \* BOISE HIGH FACULTY CLUB \* ANDY & RONNA BOND \* FRANK & FAY BOWLES \* BOB & ANN BRANNAM \* BRIGHT ADVERTISING COMPANY \* NANCY BROWN \* STEPHEN & ANNE BROWN \* JOAN BUHLER \* BUNTING BUILDING CORP. \* HARRIET CALVERLEY \* CAPITOL DEVELOPMENT INC. \* JOAN CARLEY \* JIM & JUDY CHRISTINA \* BETHINE CHURCH \* BRUCE & ROBERTA CLEVELAND \* DONALD COBB \* GARY COLLINS \* COMMERCIAL HOME FURNISHINGS \* HELEN & ROBERT COPPLE \* MICHAEL & ELIZABETH CREAMER \* WILLIAM & HELEN CURTIS \* CYCLE NUTS AND BOLTS \* GRANT & VIVIAN DARLING \* DALE & JANE DUNN \* ERIN & ANDREW EBRIGHT \* EDNA EVANS \* EVERGREEN SPRINKLER SUPPLY CO. \* MARJORIE EWING \* VALERIE FECTEAU \* PAUL & JOYCE FETROW \* DENNIS & ELAINE FISCHER \* JOHN & JUNE FITZGERALD \* FRANKE FLORIAN \* LARRY & PAM FREI \* JIM & DOROTHY FRISCH \* RG & GLORIA GARDNER \* MARTHA GIBBONS \* DANIEL & BARBARA GILBERT \* LEE & CAROLE GILL \* GIVENS PURSLEY LLP \* RONALD & KRISTINE GOLUS \* RICHARD & SONDRAL HACKBORN \* LILA HAMILTON \* S. HAMILTON \* LISA HARDISTER \* OTIS & BETTY HARRIS \* BEVERLY HAUGLAND \* RALPH & RUBY HAWKINS \* MARVIN & DORIS HAWORTH \* THOMAS & MARTHA HAYS \* BILL HEILAND \* IRYNE HELFERTY \* CHARLES & DIANE HEMPHILL \* TERRY HEXUM \* BRUCE HOGAN \* KAY HUG \* HURLESS BROTHERS FOREIGN CAR SERVICE \* IDA CORP EMPLOYEES \* IDAHO COMMUNITY FOUNDATION INC. \* IDAHO PACIFIC LUMBER CO. \* IDAHO POWER \* IDAHO SPORTING GOODS \* IDAHO STATESMAN \* J R SIMPLOT CO. \* DIANA & RODGER JACHIM \* BONNIE JACKSON \* SHIRLEY JACKSON \* DAVE AND DEBBIE JOHNSON \* JOHN JOLL \* JST CUSTOM FABRICATION INC. \* ROBERT JULIAN \* KEOB LLC \* FRED KENNEDY \* HARRIET AND HOWARD KENT \* J.R. AND JEANNE KING \* KUNA SENIOR CITIZEN ASSOC. \* DONALD KUNZ \* GREG LAMBERSON \* LES LANFEAR \* DAVID LANGHORST \* SHERRY LEDUC \* ELOISE LEWIS \* DENNIS & SANDRA MAGETTE \* MARIE MAIN \* EDGAR AND LYNN MANNING \* PAT MARLER \* BARBARA MARTIN \* RAMONA AND WILLIAM MARTIN \* PEG MASON \* WARREN AND BERNIE MCCAIN \* JUNE MCCANDLESS \* JAMES MCCLARY \* HAL AND PEGGY MCGEE \* WARREN AND JANICE MCKENDREE \* KATHLEEN MESSINGER \* MILLIGAN AND ASSOCIATES \* DUSTIN MOULTON \* VICKI MURPHY \* J. MURPHY \* DAN AND MELINDA NELSON \* TERRI NICHOLSON \* PRISCILLA NIELSON \* PHILLIP AND VICTORIA OBERRECHT \* MARY LOU ORNDORFF \* JUANITA PARKE \* ROD & JENNIFER PARKE \* JOHN AND MARGARET PAUL \* ANNE PAYNE \* PEASLEY TRANSFER & STORAGE CO. \* CLAUDIA PFENNING \* KIMBERLY PHILIPPS \* ETHLEEN PIRNIE \* RALPH & MABLE PRAY \* PRECO NEW PRODUCTS INC \* QUAIL HOLLOW GOLF CLUB \* SENAKA AND LALANI RATNAYAKE \* DARCY REESE \* ROBERT NAHAS COMPANY \* JACK AND BETTY ROBERTSON \* TERRIE ROBINSON \* ESTER RODWNWALD \* GUSTAV AND ALYCE ROSENHEIM \* MARGARET ROSS \* HAROLD RUMSEY \* PATRICK RYAN \* ANN RYDALCH \* JIM SANGRONIZ \* RUBY LOU SCHNELL \* KATHRYN SHARP \* KENNETH AND JANET SHERMAN \* B.J. SMITH \* KENNETH AND PHYLLIS SMITH \* THOMAS AND JEANNIE SMITH \* SOUL FOOD EXTRAVAGANZA COMMITTEE \* RONALD AND CAROL STEPP \* ELAINE STEVENS \* FRANK AND MELBA STOPPELLO \* EDWARD STRADER \* BETTY AND KIRK SULLIVAN \* TJ AND DARLENE SULLIVAN \* LOLA SWANSON \* JERRY AND KATHY TARTER \* THE FUTURES CORPORATION \* THE PANTRY RESTAURANT \* KYLE AND CYNTHIA THOMAS \* TOM SCOTT HONDA \* FAY TORREY \* TRIAD LEASING/FINANCIAL INC. \* JAMES AND JANICE TWEETEN \* RICHARD AND JEAN VANDENBURG \* HARVEY AND ARDIE WEISS \* WESTERN HEATING/AIR CONDITION INC. \* WEYER HAEUSER \* BRUCE & KATIE WILLIAMS \* MITCH & BRENDA WILLIAMS DAVID AND SUSAN WISHNEY \* DAVID WONG \* SUSI WONG \* YEN CHING RESTAURANT \* WENDRA ZASIO \* FRED ZERZA

**Bannock 690 Robbins Road**

Brook Bates  
Amanda Bowers  
Dolly Higgins  
Kathryn Schaeffer  
Patricia Warner  
Sue Wiggins  
Sarah Wolfe

**Bench 811 S Latah**

Dorothy Ashmore  
Rex Borup  
Becky Lineberry  
Micron  
Dale Stone

**Feds 2626 S Gekeler**

Kristy Cantrell  
John Combs  
Ann De Angeli  
Linda Faulkner  
Eva Hidalgo  
Bee Le  
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**Franklin 707 N Armstrong Pl.**

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Dawn Davis-Smith  
Cheryl Hauge  
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Joe Berenter  
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Sally Rupp

**Gekeler 2626 S Gekeler**

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Kerry Hagerty  
Sandra Lee  
Susan Mc Glynn  
Maria Minicucci  
Susan Powell  
John Sinsky  
Rob Stout  
Rudy Wolf

## Thank you to all our volunteer drivers

**Syringa 707 N Armstrong Pl.**

Richard Drury  
Marta Fisher  
Julia Hill  
Yvonne & Madison Price  
Merilyn Williams  
Amy Skoro

**Team**

Regence Blue Shield

**Ustick 707 N Armstrong Pl.**

Kelly Hannula  
Quinton & Kathy Homer  
Marian Kropp  
Jean Kuhlman  
Cathy Whinery

**Westys 707 N Armstrong Pl.**

Joe Berenter  
Julie Ledgard  
Paul Omas  
Bryan Mc Clure  
Michelle Moma  
Duanea Myers

**Back-up Drivers**

Krista Brower, Tom Bridges, Tom Chadwick  
Orlando Ciniglio, Shirley Crateai  
Nancy Giddons, Kathy Hansen  
Jack & Ellen Keifer, Jack Keller, Julia Kolb  
Don Linford, Judy Miller, Paul Omas  
Mary Beth Puzio, David Ripley, Margaret Ross  
Sally Rupp, Kent Schneider, John Smith  
Pat Spofford, Carolyn Thorton, Kerry Tobin

If you have any family or friends interested in volunteering to deliver meals, please contact Cheryl Johnson at 327-8552.

I would like to send a special **THANK YOU** for everyone's generous support of the Sixth Annual Meals-on Wheels Culinary Walk-about held on Thursday, February 27, 2003, at the Doubletree Riverside Hotel. With everyone's assistance, we raised approximately \$15,000 – enough to provide 3,000 hot, home-delivered meals for our elderly, homebound Meals-on-Wheels participants!

- Angela Spain, Supervisor





## Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given at any time, or on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

Memorials are made in memory of a deceased loved one. There is nothing more precious than the memory of a loved one, expressed in a tangible way. A monetary gift to Meals on Wheels provides life sustaining sustenance for someone in need. Each gift is gratefully acknowledged to the family. When making honorariums and memorials, please make sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Pamela Sparks at 327-7460.



Meals on Wheels  
707 N. Armstrong Pl.  
Boise, ID 83704

trim out and mail to: Meals On Wheels, 707 N. Armstrong Pl., Boise, ID 83704

### Honor & Remember

The enclosed gift is

- ☐ In honor of:  
☐ In memory of:



Please remit to:  
Meals on Wheels  
707 N. Armstrong Pl.  
Boise, ID 83704  
(208) 327-7460

☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms. \_\_\_\_\_

Address \_\_\_\_\_

Please send acknowledgement letter to:

☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms. \_\_\_\_\_

Address \_\_\_\_\_

This gift is made by:

☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms. \_\_\_\_\_

Address \_\_\_\_\_

# The MEAL TIMES

## Much More Than A Meal!